

# anger

## introduction

Read about the serious subject of anger in Ephesians 4:26.

## message

1. Being angry at someone is common. Sometimes we become very frustrated with the people that we love the most. Getting upset at a parent or friend is very common. The most important thing is how we deal with our anger. How do you deal with anger? (Discuss how they respond when they are frustrated with someone. Continue the discussion for about five minutes, but be sure to leave time to continue the devotional.)
2. It's better to deal with anger than to allow it stay inside you. We have to do something with our anger. Many who keep anger inside develop physical and mental illnesses. Prolonged anger bottled up inside a person usually affects that person more than it does the person the anger is directed toward. As students, we need to deal with our anger before it overwhelms our lives.
3. The Bible depicts the whole idea of anger as a spiritual battle. Before you go to bed at night, release the anger you are holding inside. Tell the person that you are angry or upset with them. Tell them why, being specific, without adding things that are not factual or true. It is good to express yourself in this way. Share how you feel, being sure not to throw around accusations. Then, try to make things right by doing two things:
  - Listen to the other person's perspective without interrupting.
  - Ask the other person to forgive you.

The Bible says that if we don't deal with anger, we give Satan a foothold into our lives. He will lose if we are keeping open and honest relationships with everyone.

4. What are some practical things we can do if we are having difficulty dealing with our anger?
  - Talk with your youth pastor or leader.
  - Share what you are going through with a friend. Be sure not to talk negatively about someone else in the process.
  - Always remember your goal when dealing with anger: To never lose a friendship because of anger.
  - Sometimes, after all is said and done, you are better off saying or doing nothing. Maybe God has a lesson for you to learn.

## challenge

Is there a situation in your life right now that is causing stress due to anger or frustration? Is there a person you need to talk with, to make things right? Don't hold it all inside. Go to him/her today.

